Diabetes & Its Natural Remedies by Ajay

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Diabetes is the result of metabolism disorder. Metabolism functions to turn the foods, digested by our body, for energy and growth (fats, protein or carbohydrates). To more clarifications, the foods we eat are broken down in to glucose which is present in the blood in the form of sugar. It is conceded as the principal source for fuel in the body. Naturally, the foods-turned glucose makes it way in to the blood stream and further very effectively it is used as the energy and growth for the body by the cells. More importantly, the doctors state that for this producer there is the significant role of insulin, the absence of which is, glucose cannot enter cells and with the result there is the risk higher blood sugar. Insulin present in the blood helps move glucose to cells and thus normalizes the blood sugar.

What happens in the case of diabetes is, this process is impaired; our body stops converting glucose (sugar) to energy. Diabetes develops when pancreas completely fails to produce sufficient amount of insulin. On the basis of the dysfunction of the procedure the health experts have introduced diabetes in two types- types 1 and types 2. Type 1 refers as to be occurred most frequently in the children and young adults whereas type 2 is consequently more common accounts for 90-95% of all diabetes. However, some specific records have found that children are also likely to be badly affected by type 2.

Sugar has effectively become a serious concern for the modern people as it spreading more frequently than it was over past few decades. The medical experts pointedly burning their mid night oil for the invention of medicines that can cure the diabetes person once for all. Here, there are some natural home remedies for the diabetic patients.

â€¢ Mango leaves can be helpful for the reducing your sugar level. You just take 15 fresh mango leaves and boil them in the glass of water. Keep it overnight and in the morning after filtering drink it.

â€¢ Apart from that, there is also a grapefruit that is considerably the beast natural remedy for soothing your diabetes. Eat three grapefruits three times in a day it will be beneficial for your diabetes.

â€¢ Another one more home remedy for the diabetic patients we can add Indian gooseberry. It is a rich source of vitamin C. what you need to do is to take one tablespoon of gooseberry juice and mix it with a cup of bitter gourd juice and regularly consume it one time in a day for two month.

â€¢ You can add some more technique for the diabetes for instance, put some black raisins in the water and keep it overnight. In the morning by straining it drink the clear water solution.

â€¢ To keep blood sugar level in control, include bitter melon in your diets for regular three months.

â€¢ Prepare a raw mango juice mix it with the Indian plum juice in the equal amount of water, drinking this mixture three times in a day will bring a surprised change in your blood sugar.

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